Welcome to the February 2023 Scomis Online Safety Newsletter for Parents and Carers

Online Gaming

In the December 2022 issue of the SCOMIS Online Safety newsletter we recommended 'setting up before wrapping up' video games and consoles. In this issue we sign-post you to the advice and guidance available for parents and carers about Online Gaming. Knowing where begin looking can be a challenge! The following websites have lots of information, summarised as follows:

Childnet—Online Gaming; an introduction for parents and carers includes advice on:

- How and where to play safely
- The risks
- Frequently asked questions
- Support and information

CEOPS ThinkUKnow—Gaming: what parents and carers need to know includes advice on:

- 3 ways to make gaming safer for your child
- how risky is in-game chat?
- how to tell what is an age appropriate game
- In App purchases

Internet Matters—Online Gaming | Resources for Parents - Internet Matters includes advice on:

- setting parental controls on games and consoles
- gaming guides for parents
- gaming guides for children
- gaming books

Family Lives—Gaming | Family Lives includes advice on:

- talking to your child about gaming
- keeping teens safe
- setting boundaries

watch the video on Pros and cons of social media: top tips to help parents of teens

NSPCC— Online Games: understand the risks and get advice to help children play online games safely

Find out more about:

- age ratings of games they play
- messaging and contact functions on the games
- trolling, griefing and scams
- how to report problems

Young Minds—Gaming:A guide for parents includes:

- how gaming may affect mental health
- what to do if you are worried
- fnding professional help
- further support

South West Grid for Learning—Online Safety and Gaming includes articles on:

- what is gaming?
- benefits of gaming
- why people game
- the gaming community
- basic privacy and security settings

Review the Gaming Dictionary and discover the meaning of: FPS, CCG, MMO and much more.

Reminder—check the websites:

Childnet's Parent and Carer's Toolkit

ThinkUKnow's advice for Parents and Carer's

Screen time—Benefits v Potential Risks

Have you considered the effects of screen time for your child?

Benefits of screen time identified by Internet Matters include:

- Online games and activities can enhance teamwork and creativity
- The internet gives children access to a wealth of information to help build their knowledge
- Interacting with computers improves both visual intelligence and hand-eye coordination

Potential risks include:

- Sleep cycles are affected by blue light from the screen
- Impact on behaviour
- Impact on brain development

Review Internet Matters article in full here

Watch the video from Common Sense Media on the 5 signs to make sure your child has a healthy relationship with screen time

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Social Media Guides

Is your child using Social Media?
Is your child using chat sites to talk to family and friends?
Is your child sharing selfies?
Do you need help with setting up parental controls?
If you answered yes to any of the above questions visit Internet Matters and review their advice and guidance on:
Facebook Messenger   Facetime   Instagram   Skype   TikTok Whatpad Whatsapp Youbo (and more!)
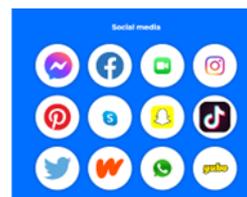
Remember if your child is gaming online, they may be chatting and communicating with other players or friends. Internet Matters has provided safety guides to help keep your child safe on:
Steam Xbox live Twitch TV Roblox Minecraft PlayStation Network   Nintendo Network – NB Nintendo's consoles are more family-friendly than most and therefore its chat functionality is a lot more geared to safe interaction for younger players.

Need Help in the holidays?

Remember FREE advice is just a phone call away from the NSPCC helpline:
0808 800 5002

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